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# *LET'S BUY MEAT*

*an educational program*

*by Sandra Brookover  
Consumer Meat Specialist*



LIVESTOCK DIVISION  
CONSUMER AND MARKETING SERVICE  
U.S. DEPARTMENT OF AGRICULTURE

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# *Let's buy meat*

**W**ant to know more about buying meat?

Consumer and professional groups, such as women's clubs, home economists' organizations, 4-H and Future Homemaker clubs, and livestock producer organizations, can get expert advice from Sandra Brookover, consumer meat specialist with the Livestock Division, of the Consumer and Marketing Service, U.S. Department of Agriculture.

For the benefit of consumers, Miss Brookover conducts an educational program on USDA grades for meat—how to use them as an aid in buying and as a guide in cooking. She gives her illustrated lectures before groups or organizations,

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or on radio or television, free of charge, as a public service.

With color slides, she illustrates each of the commonly used USDA grades of meat, and explains the degree of tenderness, juiciness, and flavor associated with each grade.

She also illustrates and describes the conventional retail cuts, such as the various steaks and roasts, and tells how to recognize them at the meat counter. And she discusses recommended methods of cooking according to the cut and the grade of the meat. She also gives money-saving tips, such as how to cut the tender part from a Choice grade blade chuck and broil it for a tender and juicy steak.

For more information or requests for appearances, write:

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